

# Salmon Broccoli Fettucini

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This salmon, broccoli fettucini is the best recipe when your craving Italian, and want quick and easy too. Pasta, salmon and broccoli tossed in a light creamy, lemony sauce, full of delicious summer flavors.

When you need an easy 30 minute dinner make this pasta. It's comfort food with a light and summery taste.

OK, so I know I post a lot of pasta recipes, but pasta is so versatile, you could have hundreds of combinations. At the restaurant on the menu, you pick, your pasta shape, sauce, and any extra add-ins.

By some estimates there are 600 distinct commercial brands of pasta shape, hundreds of sauces, endless vegetables and protein combinations.

That's why I post a lot of pasta recipes, when am stuck for a dinner idea it's Pasta to the rescue. It's not often you find a meal the whole family will like, when you do you'll want to make it often.

## Making Salmon Broccoli Fettucini

Start by cooking the pasta according to package direction, adding the broccoli the last few minutes of cooking. Drain the pasta and broccoli reserving two cups of the magical pasta water.

YES, pasta water is magical when added to pasta sauces, it's natural starch thickens the sauce and adds flavor eliminating the need for added creams. Salt and pepper the salmon then cut

it into cubes.

Brown the salmon then remove it from the pan to prevent overcooking, set it aside while making the sauce.

Put the rest of the ingredients in the pan scraping up all the brown bites, simmer for 10 minutes. Return salmon, broccoli and pasta to saute pan heat through, sprinkle with parsley and thyme...ENJOY If you make this recipe please leave me a comment and don't forget to tag me on Instagram hearing from you is my favorite part. If you like salmon, you may want to try my Citrus Salmon

## Ingredients

- 1/2 Lbs. Fettuccine
- 2 cups broccoli florets
- 1/2 Lbs. skinless salmon cut in medium chunks
- 2 Tbs. butter and extra virgin olive oil
- 2 cups pasta water
- 1 cup manufacturing cream
- 1 cup grated parmesan cheese
- 3 Tbs. chopped garlic
- 2 Tbs. grated lemon peel
- Juice from 2 lemons
- 2 Tbs. each Italian parsley and Thyme
- Pinch of nutmeg
- Salt and pepper to taste

## Instructions

1. Cook fettuccine according to package directions Add broccoli last 5 minutes and reserving two cups of the water
2. Salt and pepper the salmon pieces
3. In a saute pan bring oil and butter to a medium heat
4. Add onion and garlic saute until tender and just

- beginning to brown
5. Add salmon cook 5 minutes brown slightly and remove set aside
  6. Add reserved pasta water, cream, parmesan, lemon juice, and lemon peel
  7. Simmer 10 minutes
  8. Toss, pasta, broccoli, salmon and herbs in the sauce.....ENJOY
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## **Pan seared Citrus Salmon**

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Don't let the looks of this pan seared Citrus Salmon dinner intimidate you. This salmon meal may look intimidating, but it's not, it's quick and easy too. It's all made in one pan, with salmon, garlic, onion and the fresh taste of orange and lemon.

Not only is this citrus salmon easy and delicious, it looks and feels fancy. Best part? It comes together in less than 30 minutes. You'll want to make this healthy meal often. It's perfect for family week night dinners and decant enough for Saturday night dinner with friends.

This is a restaurant quality meal you can make in your kitchen, to show off what a great chef you are.

## **Things to know about this pan**

# seared citrus salmon recipe

Start by cutting the salmon into equal parts. The measurements in this recipe are for two, if you want four meals double the recipe. Salt and pepper the salmon, in a large saute pan bring the olive oil and butter to medium heat.

Brown salmon 3 to 4 minutes per side then remove fish, add the onions and garlic to the saute pan cook until tender and just beginning to brown.

Now add the lemon, orange juice. lemon, orange sections, herbs and one pat of butter coated in flour to thicken the sauce, simmer for five minutes, return fish to pan only to heat through.

Plate salmon pour sauce over sprinkle with additional Italian parsley and rosemary and enjoy a restaurant quality meal, made by you.

If you like salmon recipes that are easy to make and delicious try my quick and easy salmon piccata

If you made this recipe please leave me a comment and don't forget to tag me on Instagram that's my favorite part!!!!

## Ingredients

- 2 6 oz. skinless salmon fillet
- 2 Tablespoons each butter and extra virgin olive oil
- 3 Tablespoons chopped garlic
- 1/2 chopped onion
- 1 cup orange juice
- 2 tablespoons lemon juice
- 2 mandarin oranges sectioned

- 1 lemon sliced
- 2 Tablespoons each lemon and mandarin rind
- 2 Tablespoons honey
- 2 Tablespoons each chopped rosemary and Italian parsley
- Salt and pepper to taste

## Instructions

1. Salt and pepper salmon
2. In a large saute pan melt the butter and olive oil bring to medium high heat
3. Add salmon saute until brown 3 to 4 minutes per side
4. remove salmon set aside
5. Add onion and garlic saute until tender and just beginning to brown
6. Add orange juice, lemon juice, sliced lemons, mandarin oranges, honey, herbs and one tablespoon of butter coated in flour
7. Cook until sauce thickens about 5 minutes
8. Return salmon to pan heat through
9. Plate salmon pour sauce over sprinkle with additional rosemary and Italian parsley....ENJOY